



Fruit and Oatmeal Bars

Makes: 9 Servings

Straight from the White House kitchen to you! These hearty bars are packed with oats, seeds, and dried fruit. A great snack alone or a healthy addition to any meal.

Ingredients

6 tablespoons grapeseed oil (or other neutral oil, plus extra for brushing pan)

2 cups quick oats

1/2 cup mixed seeds, such as pumpkin, sunflower and sesame

1/2 cup honey

1/3 cup dark brown sugar

1/3 cup maple syrup

pinch of salt




1 1/2 cups mixed dried fruit, such as raisins, cherries, apricots, papaya, pineapple and cranberries (at least 3 kinds, cut into small dime size pieces if large)

Nutrition Information

Nutrients	Amount
Calories	355
Total Fat	13 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	49 mg
Total Carbohydrate	59 g
Dietary Fiber	4 g
Total Sugars	40 g
Added Sugars included	27 g
Protein	4 g
Vitamin D	0 mcg
Calcium	38 mg
Iron	2 mg
Potassium	312 mg

N/A - data is not available

MyPlate Food Groups

	Fruits	1/4 cup
	Grains	1 ounce
	Protein Foods	1/2 ounce

1 teaspoon ground cardamom or cinnamon

Directions

1. Heat oven to 350 degrees Fahrenheit.
2. Line a 9 inch square baking pan with parchment paper or foil, letting a few inches hang over side of pan. Brush with oil.
3. Spread oats and seeds on another baking pan and toast in oven just until golden and fragrant, 6 to 8 minutes, shaking pan once.
4. In a saucepan, combine oil, honey, brown sugar, maple syrup and salt. Stir over medium heat until smooth and hot. In a mixing bowl, toss together toasted oats and seeds, dried fruit and cardamom. Pour hot sugar mixture over and stir until well combined.
5. While mixture is warm, transfer to a prepared pan, pressing into pan evenly with an offset spatula.
6. Bake until brown, 25 to 30 minutes. Transfer pan to a rack and let cool completely. Using the overhanging foil or paper, lift out of pan and place on a work surface.
7. Cut into bars, about 1 1/2 inches by 3 inches.

Source: Healthy Recipes from the White House to You